



# Monthly Newsletter September 2023



## Are you feeling Disco Fever?

If you enjoy dancing to songs from the 70s, 80s, 90s and beyond, head to page 4 to view further details for upcoming disco hosted by Special Events!

## PTBL BIRTHDAYS

We wish everyone who has an upcoming birthday this month a VERY Happy Birthday and we hope that you enjoy your special day!

**Alesi 14<sup>th</sup>**

**John 19<sup>th</sup>**

**Sienna 19<sup>th</sup>**



## JOKE OF THE MONTH

What do you call a dinosaur that is sleeping?

**ANSWER: A Dino-Snore!**



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## Newton Denny Chapelle Tweed Charity Golf Day



Pathways to Better Living generously provided sponsorship for the 2023 Newton Denny Chapelle Tweed Charity Golf Day held at Coolangatta & Tweed Heads Golf Club on 4th of August and of course, Janine played in the event!

The PTBL team was unsuccessful on the day however, Janine did collect a prize for the longest drive for female competitors. She didn't want it mentioned...but, she was the only female competitor in the field that day!

All monies raised on this day go to the Westpac Rescue Helicopter Service – a much needed and valued service in our area.

We look forward to next year's event...



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## Community events



### Sip and Sing along

**When:** Thursday 7<sup>th</sup> September

**Where:** 1 Wharf Street, Tweed Heads New South Wales 2485

**Time:** 8pm (Free)

### Tails and Ales

**When:** Saturday 9<sup>th</sup> September

**Where:** 54-68 Gollan Drive, Tweed Heads, NSW 2485

**Time:** 11am – 3pm



### Weekly Barefoot bowls

**When:** Friday 1<sup>st</sup> September (Weekly)

**Where:** 131 Marine Pde, Tweed Heads, NSW, 2487

**Time:** 7:00pm



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## Disco Fever

*Presented by Special Events*

Special Events Presents:  
**A Dance Journey**  
70's, 80's, 90's & Beyond

**Disco Fever**

See you there in your sparkling best

Includes Sausage sizzle & Drink

Where:  
139 Duringan St  
(lot 2) Currumbin  
VMR Building  
(Next to Gecko house)

Time:  
11am-2pm

Cost:  
\$25 Online at  
[trybooking.com](http://trybooking.com)  
\$30 door sales  
carers free

Date:  
Fri Sept 22nd

 [facebook.com/specialeventsgoldcoast](https://facebook.com/specialeventsgoldcoast)

Join Special Presents as they host a disco with hits from the 70s, 80s, 90s and beyond!

**Who:** Everyone welcome!

**When:** Friday 22<sup>nd</sup> September

**Where:** 139 Duringan Street (Lot 2) Currumbin VMR building (Next to gecko house)

**Time:** 11:00am – 2:00pm

**Cost:**

- \$25 fee online at [trybooking.com](http://trybooking.com)
- \$30 door fee
- \$0 carer fee

**Dress code:** Your sparkling best!

Please visit [facebook.com/specialeventsgoldcoast](https://facebook.com/specialeventsgoldcoast) for further information



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## 5 DIY gift ideas / activities to try this father's day

### National September awareness dates

**1st – 30th** – Dementia Awareness Month – Alzheimer's Australia

**1st – 7th** – National week of deaf people

**8<sup>th</sup>** – R U Okay Day

**5th -11th** – Spinal Cord Injury Awareness Week – Independence Australia

**12th-18th** – National Stroke Week – National Stroke Foundation

**11th-15th** – Idiopathic Hypersomnia Awareness Week – Hypersomnolence Australia

**18th-24th** – Parkinson's Awareness Week – Parkinson's Australia

**21st** – World Alzheimer's Day – Alzheimer's Australia

- 1.** Make a basket with your dad's favourite items e.g cologne or sporting items
- 2.** Make a special homemade breakfast, lunch or dinner with your dad's favourite food
- 3.** Create a photo album with your favourite memories of you and your dad
- 4.** Create personalised clothing items with your dad's favourite sports team
- 5.** Plan a special day out with activities your dad enjoys



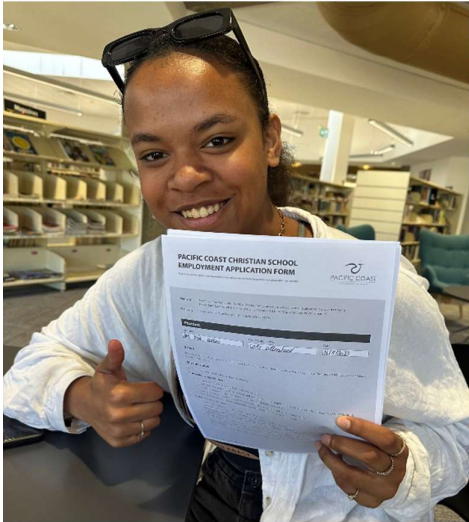
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# August 2023 Recap: Photo Edition



What another amazing month smashing goals and living our better lives at Pathways!



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